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FIM Europe Weight Training Workshop

FIM Europe has always been extremely interested in promoting agonistic preparation of European riders, creating for them special training camps in several countries, but, first of all, supplying to national trainers, who are those most in touch with the riders, a wide range of tools to enrich their knowledge and skills, which they can be able to transmit to their young students.

On this purpose, FIM Europe closed agreements with some Universities for the research and definition of the most appropriate training systems based on scientific concepts and not anymore on empirical evidence by many former champions.

FIM Europe tried to involve also doctor that follow motorcycling sport and International Federations of other sports.

After the agreement with the International Federation of Sport Medicine, FIM Europe started a advantageous collaboration with the European Weightlifting Federation, to develop a joint study on the application of training systems among weightlifting athletes and motorcycling riders.

The first step of this unusual collaboration was a Weight Training Workshop, which was held successfully in Austria seeing the participation of 15 national coaches of national motorcycling Federations in Europe.

FIM Europe General Secretary, Alessandro Sambuco, who was the promoter of this successful initiative, explains in this issue what happened during this first Workshop

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The group of the participants

What is the role of strength in the performance of the rider?

What are the differences that characterize the use of strength in the various disciplines of Motorcycling?

What means should be used for the development of strength?

What can be the role of weight training?

It is better to use fixed weights or free weights for strength training of the riders?

In order to give a shared answer to these and other questions and to offer an update on the specific theme to European Trainers, the FIM Europe organized, in co-operation with the European Weightlifting Federation, a Weight

Training Workshop, reserved to FMN Trainers of the FIM Europe.

This synergy between FIM Europe and European Weightlifting Federation has been put at disposal of the participants, having as presenter, the Irish Colin Buckley, European Weightlifting Federation Coaching Development Director and EWF Member of the Executive Board, also expert in motorcycling.

The 47 FMNs of the FIM Europe received the invitation to join the Workshop with one of their own Trainers, having organised this event without foreseeing any other expenditure for the participants than the travel one. In fact all



The Arnold Schwarzenegger MUSEUM

expenses for participation, accommodation and meals, thanks to a FIM subsidy of the Project, have been completely free of charge for them.

The 15 places available have been almost completely assigned, with the participation of 14 Trainers coming from 9 European Countries (Austria, Finland, Germany, Greece, Hungary, Italy, Lithuania, Serbia and Slovenia).

The Workshop has been held in Graz (AUT) at the Hotel Paradies from 14th to 16th February 2014.

We report that in the same Hotel has been created a Museum dedicated to Arnold Schwarzenegger who was born in Thal, in the

district of Graz, July 30, 1947.

No similarity between the methods of training like a bodybuilder as Schwarzenegger and the training of a rider of motorcycling but, as a curiosity and hint of colour, you can see in the Museum the weights with which he started to train.

Twelve hours of lessons have been held on the two days.

The Workshop programme included the following topics:

- The benefits of Weight training for the rider
- Health & Safety and equipment selection

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- Postural Analysis and Functional Movement Screen
- The importance and role of Anatomical Adaptation
- Weight training and the young rider
- Principles of Training
- Designing a warm up program
- Over Reaching and Over Training/Periodisation
- Designing sample programs

Analysing the movements of the rider on the bike, it was found that these are always multi-joint movements and have to be stabilized by the center of the body.

The presenter showed a selection of weightlifting exercises that can combine stabilization in the center, training the

extremities such as arms and legs.

To train a rider it is certainly preferable to have a workout with Free Weights.

The participants have examined, led by the Teacher, a Multi-Joint Free Weight Training involving multiple muscle groups at once, requiring a high degree of co-ordination and activating the high-pressure intra-abdominal core conditioning.

All information documents presented has been received by e-mail from each participant.

At the end of the Workshop all participants received a certificate of attendance issued by the FIM Europe and the European Weightlifting Federation.

Thinking to the future, it will be proposed to the new Management Council, after the Elective



One shot during the lesson

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General Assembly of Cracow which will be held next July, a project for the creation of a panel of trainers belonging to the FIM Europe FMNs. This would allow a regular sharing of experience among the coaches and a qualification that allows to intervene effectively with training initiatives in favour of the emerging FMNs and developing Countries.

Colin Buckley and Alessandro Sambuco at the presentation of Certificate to Tomi Kontinen SML Chief Coach

